



minnetonka script

Programs and services for those 55+
March 2015 Newsletter

Senior Health Check ✓

Thursday, March 5

8 a.m. – 12 p.m.*

Get a free health check at the semi-annual Senior Health Check event. Enjoy educational presentations, health screenings and refreshments.

Health Screenings:

Appointments recommended

Balance Screening

No appointment needed for:

Computerized nerve scans (neck region), blood pressure, hearing, hand massage & skin checks

Presentations:

- Home Health Care Services, 9 a.m.
- Nutrition to Boost Brain Function, 11 a.m.

Supported by:

Brookdale Living, Maximized Living Health Center, Live Your Life, & Hearing Solutions Group.

Appointments can be made by phone or in person.

St. Patrick's Day

Tuesday, March 17, 12 p.m.

Celebrate St. Patrick's Day with us!

Menu: Corn beef, cabbage, potato, Irish soda bread & dessert.

Sponsored by: Minnetonka Assisted Living

Cost: \$7 due Friday, March 13.

(Course #35631)

The Search for Senior Housing: What you need to know

Monday, March 23, 10:15 a.m.

Join us for a presentation that will define and compare different types of housing options for seniors. Experts will break down services offered at each housing type, payment options and financial assistance. Provided by Lake Minnetonka Senior Care Providers: Community Connections.

Free! (Course #36892)

Online Selling: The Basics

Monday, March 30, 10:30 a.m.

Looking to clear the clutter or sell your handmade crafts? Learn the basics of various online venues for selling. Discover the pros and cons of each site and things to consider before entering the world of online sales from Abigail Key, professional organizer and online selling specialist.

Cost: \$2 Please RSVP by Friday, March 27 (Course#36175)

Tax-Free Investing

Thursday, April 9, 6 p.m.

Join us for an educational presentation on the benefits and considerations of choosing investments with tax advantages. It's not what you make, it's what you keep!

Supported by: Edward Jones

Cost: \$2 Please RSVP by Wednesday, April 8 (Course#36879)



Lunch and a Movie:

Maleficent

Friday, April 24, 12 p.m.

A classic fairy tale, retold. Learn the story of *Sleeping Beauty* from Maleficent's point of view and the cruel blow that created the vengeful fairy.

Menu: Ham buns, bean salad, fruit & a treat.

Cost: \$5 due Tuesday, April 21

(Course #36885)

Summer Registration

(April - July)

Residents: Monday, March 2

Non-Residents: Tuesday, March 3

- Registration is available online, over the phone, by mail or in person.
- Online: www.eminnetonka.com, first-time users should call for a PIN number.
- Phone: (952)939-8393, payments can be made with Visa, MasterCard or Discover.
- Mail: 14600 Minnetonka Blvd
Minnetonka, MN 55345
- In person: Monday - Friday 8 a.m. - 4:30 p.m.

Scholarships

- Limited scholarships are available for Minnetonka residents age 55+.
- Scholarships will be kept confidential.
- No questions will be asked regarding details of finances.
- Up to three scholarships per brochure totalling nine per year.
- Up to 50% for programs, classes and events.
- Up to 50% on one day trip per year.

Lunch and a Movie:

And So It Goes

Friday, March 6, 12 p.m.

Michael Douglas and Diane Keaton star in a story of wealthy and self-absorbed Oren who suddenly becomes the caretaker of his previously unknown granddaughter.

Luckily, neighbor Leah comes to the rescue.

Menu: Pizza, salad, garlic bread and dessert

Cost: \$5 due Tuesday, March 3

(Course #36272)

Fish Dinner

Friday, March 13, 5:30 p.m.

Enjoy a great food with great friends!

Menu: Cod, potatoes, vegetable & dessert.

Sponsored by: Meridian Manor

Cost: \$7 due Tuesday, March 10.

(Course #35630)



Tech Fair

Wednesday, April 22, 1 - 3 p.m.

Save the date for the Computer Club's annual event. This free event features educational presentations, demonstrations and hands-on learning!



Fitness Programs

Over 50 & fit

Mondays, Wednesdays, Fridays, 9 a.m.

Join this social group and enjoy music and fitness three days a week!

- Annual Fee: \$12 (Course #35680)

Tai Chi Chih

Susan Sobelson

Mondays, March 30–April 27

Practice a series of 19 easy-to-learn movements and one pose. Moving meditation can improve balance, flexibility, reduce stress, increase energy and more.

- Beginner (Course #35650)
\$25, 10–11 a.m.
- Intermediate (Course #35651)
\$25, 11:30 a.m. – 12:30 p.m.

Continuing Line Dance

Annette Fragale

Learn to “hitch” and “vine” and dance in a line! No partners needed. Six previous lessons needed for continuing beginning level course; 50 previous lessons required for intermediate course.

- Continuing Beginner (Course #35656)
\$20, Thursdays, Mar. 5–26,
12:30–1:30 p.m.
- Intermediate (Course #35657)
\$20, Thursdays, Mar. 5–26,
1:45–2:45 p.m.

Tai Chi for

Health and Wellness

Ron Erdman-Luntz

Thursdays, April 9–May 21

(no class 5/7), 6–7 p.m.

Tai Chi short-form movements have many health benefits and are fun to learn. The slow circular movements of Tai Chi help to improve balance and relaxation. Must be able to walk comfortably for an hour. Wear comfortable clothes and athletic shoes.

- \$54 (Course #35653)



E-mail Updates

Stay up-to-date on the latest events! Receive weekly e-mail updates on senior happenings! Send your e-mail address to spieh@eminnetonka.com.

Register Early

Programs can fill well in advance or may be cancelled due to low enrollment. Registering early is the best way to secure a spot in programs and events.

Beginning & Intermediate Yoga

Nancy Holasek

These gentle classes are geared toward the older adult, with lots of stretching and warm-ups. Yoga postures help increase flexibility. Guided breath work and visualization help to release, relax and restore the body and calm the mind.

Please bring a yoga mat or towel to class.

Chair-Supported Yoga

9:45–10:45 a.m.

Most of the class takes place while seated on a chair.

- Tuesday, April 28–May 26
\$30 (Course #35637)
- Thursday, April 30–May 28
\$24 (Course #35638) (no class 5/7)

Intermediate Yoga Class

11 a.m. – 12 p.m.

This class includes standing and balance postures. Students should have the ability to get down to and up from the floor for postures completed while on the belly or backside of the body.

- Tuesday, April 28–May 26
\$30 (Course #35637)
- Thursday, April 30–May 28
\$24 (Course #35638) (no class 5/7)

Zumba Gold

Jan Gamble

1–2 p.m.

Zumba Gold offers a complete body workout while learning the basic steps to salsa, meringue, cha-cha and other rhythms. No dance experience is necessary. Comfortable clothing and workout shoes are recommended. Bring water; you will sweat!

- \$20 Monday, March 2–30
(Course #35662)
- \$20 Wednesday, March 4–April 1
(Course #35663)

Athletic Activities

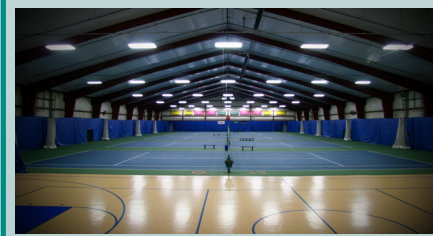
Indoor Pickleball

October - May

Try the fun and social game of pickleball. Limited racquets and balls are available.

- Tuesdays & Fridays, 8–10 a.m.
- Thursdays, 8–9:30 a.m.
- Saturdays, 1–3 p.m.
- Free for Williston Silver Sneaker and Silver & Fit members. \$4 per day for non-members.

**Williston Fitness Center
14509 Minnetonka Drive**



Leisure Programs

Essential Oil Creations:

Citrus Body Scrub

Wednesday, March 4

1–2 p.m.

Spring fever? Put some spring in the air using fresh lemon scents! Learn about the benefits of essential oils and how single notes and synergistic blends can enrich our health and well being.

\$6 due Monday, March 2

(Course #36104)

Mah Jongg

Carole Harris

Wednesdays, April 8–May 20

10–12 p.m.

Learn to play the intriguing game of Mah Jongg, a game of chance and skill. The Chinese ruling class developed this game of tiles in the time of Confucius, but it has been modernized, simplified and Westernized for all to enjoy. Played previously? Refresh your skills.

- \$54 (Course #35678)

Art Programs

Space and Dimension

Gin Weidenfeller

Wednesdays, March 18 & 25

1–3 p.m.

Explore and apply basic methods in linear perspective, overlap, size, value and contrast change to create three-dimensional space in your drawings and paintings. Use graphite, charcoal and watercolor to depict the depths of interior spaces (i.e., bird nests, broken egg shells, etc.) or bold scenes from the exterior world of nature, still life, and land/city scapes.

- \$40 (Course #35664)

Negative Painting

Sandra Muzzy

Tuesdays, March 3 & 10

9–11:30 a.m.

Learn the technique to define a shape or object by painting around it instead of painting the shape or object itself. Using traditional watercolor techniques, start with light washes, gradually getting darker as we define the subject by painting the negative space around it. Bring regular watercolor paints and a sheet of 140lb Arches cold press watercolor paper to the first class. Some previous watercolor experience is preferred.

- \$50 (Course #35667)

History Programs

British History: Royal Kingdoms I

Terry Kubista

Thursdays, March 5–26

1–3 p.m.

Trace the unique relationship between the British monarchy and the country, from the ancient kingdoms of Sussex, East Anglia, Kent, and Wessex over a thousand years of turbulent history.

- \$28 (Course #35671)

World War I in Europe

Dan Hartman

Wednesday, March 11,

10:30 a.m.

Examine the Western front, the Christmas truce and day-to-day life in the trenches and technological advances.

- \$3 Please RSVP by Monday, Mar. 9 (Course #36138)

Education Programs

Defensive Driving

Attend and save 10% on car insurance! Pay the instructor at class with a check or exact cash. Register through MN Highway Safety Center, 1-888-234-1294, or visit www.mnsafetycenter.org for all classes.

Four hour renewal sessions:

- \$20, Tuesday, March 3, 9 a.m. – 1 p.m.
- \$20, Monday, March 16, 5:30 – 9:30 p.m.
- \$20, Tuesday, March 31, 5:30 – 9:30 p.m.

Nutrition:

Gut Reaction: Restore Digestive Health through Nutrition

Do you suffer from heartburn, gas, bloating, indigestion, constipation or diarrhea? Do you have an autoimmune disorder, depression or out-of-control sugar or bread cravings? Put an end to these uncomfortable health issues by healing your digestive tract with real food, selected vitamins and amino acids. Discover the connection between what you eat and how you feel.

- \$22 due the Monday prior to program.
- Thursday, March 5, 6–8 p.m. (Course #35676)
- Wednesday, March 11, 1–3 p.m. (Course #35677)

Navigating Medicare

Wednesday, April 8, 6:30 p.m.

Learn to navigate Medicare Parts A, B & D. Offered in cooperation with Senior Community Services and open to those considering retirement and to current Medicare users.

- \$10 due Monday, April 6. (Course #36886)



Interest groups

For more information on these groups and a calendar of events, please visit www.eminnetonka.com or stop by the community center.

Bird Club

1st Friday, 10 a.m.

Craig Mandell: *Birds of Brazil*

Book Club

3rd Thursday, 1 p.m.

Ordinary Grace by William Kent Kruger.

Bulls & Bears Investment Club

1st & 3rd Monday, 1 p.m.

Learn about investing.

Chess

Thursdays, 12 p.m.

If you have general knowledge of chess, join us in the Burwell Room.

Literary Book Club

4th Tuesday, 7:15 p.m.

The Diary of a Nobody by George and Weedon Grossmith.

Single Mingle

3rd Tuesday, 3:30 p.m. at Tuttle's in Hopkins for a monthly planning meeting. Monthly flyers are available at the Senior Center regarding additional outings

Tale Spinners

Thursdays, 1 p.m.

New members welcome!

Wood Carvers

Thursdays, 10 a.m.

Group members share ideas and work independently.

Income Tax Assistance

This free tax program is designed to help moderate and low income individuals with basic taxes. Please call senior services at (952) 939-8393 to schedule an appointment.

- Mondays & Thursdays, February 9–April 13
- Appointment times available include: 12:30, 1:45 & 3 p.m.
- Bring a photo I.D. last years taxes and social security card

Senior Day Trips



Gerten's Greenhouse Tour & Outlet Shopping

Thursday, April 23

Feel the sensations of spring at Gerten's Greenhouse in Inver Grove Heights. Learn about the plant growing process on a behind-the-scenes tour. Enjoy lunch at Jensen's Restaurant in Eagan before perusing the new Twin Cities Premium Outlets. This trip includes walking for up to a hour in a working garden center please wear appropriate footwear.

Menu: A simple and fresh seasonal, chef-created menu will be served.

Course# 36057

- **Cost:** \$52 includes tours, lunch, transportation & escort
- **Estimated trip time:** 9 a.m. - 2:45 p.m.
- **Registration deadline:** Friday, Apr. 3.

Sips & Songs

Sips and Songs offers light refreshments and socializing before taking in local entertainment. Live it up, reserve your seat today!

Steven

Marking: Sinatra Tribute

Wednesday, April 29, 10:30 a.m

Cost: \$3 (Course #35603)

Sponsored by: Avinity Senior Living



11280 Wayzata Boulevard

(763) 591-4868

Handcrafted items by Minnetonka residents 55 and older.

Wednesday - Saturday, 10 a.m. - 4 p.m.,
Thursdays until 8 p.m.



Contact & Registration Information

Register in person, over the phone, online or by mail.

Minnetonka Senior Services

(952) 939-8393

14600 Minnetonka Blvd.
Minnetonka, MN 55345

www.eminnetonka.com

Office hours:

Monday - Friday, 8 a.m. - 4:30 p.m.

Administrative Staff

Kate Egert

kegert@eminnetonka.com

Senior Services & Activities Manager

Steve Pieh

(952) 939-8366

spieh@eminnetonka.com

Senior & General Programs Manager

Janelle Crossfield

(952) 939-8369

jcrossfield@eminnetonka.com

Program locations

Meet at Minnetonka Senior Services unless otherwise noted.

Registration information

- **Program cancellations**
Refunds will only be made if registration is withdrawn before the advertised deadline. If no deadline is given registration must be withdrawn at least two business days prior to the start date of the program. Partial credit will be considered if injury or serious illness occurs. In such case a physician's verification may be required.
- **Trip cancellations**
Full refund requires cancelling prior advertised deadline. Cancellations after deadline are refunded after a \$5 fee per registration, only in the event a participant is found to fill the space.

Services

Blood Pressure Screenings

1st & 3rd Fridays; 2nd Wednesdays
9:30-11:30 a.m. Free!

Provided by volunteer nurses.

Happy Feet

1st, 2nd, 3rd & 4th Fridays,
9 a.m. - 3 p.m., \$35

Provided by nurses specializing in foot care.
For appointment call (763) 560-5136.

Senior Community Services

Senior Outreach Social Worker

2nd & 4th Tuesdays, Free!

Discuss finances, transportation, personal care, medical care, home maintenance, and more with Mary Ann, m.lundberg@seniorcommunity.org. For appointment call (952) 939-8393.

Health Insurance Counseling

1st & 3rd Mondays, Free!

Discuss Medicare, Social Security, long-term care, resources and more! For appointment call (952)939-8393.

HOME

Household and Outside Maintenance for Elderly (HOME) is available for Minnetonka residents 60+. For more information call (952) 746-4046.

CareNextion

www.carenexion.org.

This online communication tool brings together the support needed to help live a vital and engaging life.

Extended Trips

For information call Senior Community Services at (952) 767-7899 or visit www.seniorcommunity.org.

- **Holland Tulip Festival** (May 7- 10)
Cost: \$600 per person, double occupancy.
- **Shipshewana** (May 11-15)
Cost: \$ per person, double occupancy.

Our mission: To develop and promote programs and services in our community to meet the diverse needs of those 55+.